

What can you do to get more physical activity into your day?



Take the dog for a long walk—it'll be good for both of you.

After a few days, he'll remind you. Dogs are great motivators.



Join a class – any activity is more fun with a friend

Go outside and play with your kids or grandkids

Did you know they should have at least one hour of physical activity every day? Set a good example early in their lives. They'll be so much healthier in the long run.



Find a walking buddy or join a class—all activities are more fun with a friend. When exercise is social, you'll feel more motivated. Walk on your breaks, walk at lunch. Ten to fifteen minutes 3-4 times a day really adds up.



Buy that pedometer and wear it all the time. Use any excuse to get more steps in your day. Challenge yourself to increase your numbers. You don't need an expensive or fancy pedometer, just a cheap one will do. The goal here is bigger numbers.



I know you've heard it before, but take the stairs. You'll be amazed at how it can increase your endurance. Start out gradually but be persistent. (remember the ["Two Rules for Perseverance"](#))



Did you know that cutting as little as 100 calories a day from your diet could be enough to prevent you from gaining weight as you age?

The following foods contain about 100 calories each:

- 1 slice bread
- 12oz lite beer
- 1 Tbsp butter
- 1oz cheese
- 10 potato chips
- 8oz cola

Do not be discouraged by your limitations. We all have to start somewhere. If you are sedentary or have a chronic health condition, you need to check with your doctor before becoming active. Don't concentrate on what you can't do but, rather on what you can. Make a promise to yourself to move forward, even if it's just one step at a time.



WORKING

ON

WELLNESS